



Volume II



# The Doctor's Corner

Your source for natural news and quality products

*Make 2007 an active year full of good health!*

## Can Young Children Benefit From Digestive Enzyme supplements?

We are all familiar with the phrase, "Out of the mouths of babes," but we should be equally aware of what goes into those youthful mouths. Modern day lifestyles and eating habits are contributing to a startling decline in the quality of nutrition that our children absorb. A growing number of children are faced with health issues as a result of questionable nutrition from fast food dining and unsupervised snacking. Issues ranging from an alarming increase in childhood obesity, diabetes, behavioral problems, immune system anomalies to gastrointestinal health problems have stemmed from this lifestyle. These issues, if not addressed, can lead to health problems for your child that will follow them throughout their lives.

Children today can be faced with one or more of the two major nutrition related issues; overeating, which is typical of our modern diets, or not receiving enough nutrition from their food intake. The children that tend to overeat may have difficulty digesting all of the food that they consume, which may lead to gastrointestinal discomfort. Our new proprietary blend of vegetarian enzymes including protease, lipase, as well as carbohydrate digesting enzymes in this new formula can directly aid in the digestion of these nutrient dense

meals. Supplementation with these enzymes is critical in order to handle the increased digestive demands placed on the body when eating a diet that is high in fat, protein, sugars and refined carbohydrates.



Children may also have problems with nutritional deficiency related to insufficient food consumption or a diet with limited variety. All children need to eat fresh fruits, fresh vegetables and lean proteins, but that's not always the case. Some children only want to eat chicken fingers and tater tots, and even the dipping sauce is loaded with fat and sugar. In these cases, it is important that the child is able to receive the maximum amount of available nutrition from the food that they are eating even if not ideal. By assisting in the digestion of the meal, supplemental enzymes can help to assure that the maximum nutrition is

obtained from the food that is eaten. This can be especially important in teens that undergo rapid growth spurts and have high nutritional requirements during these years.

NWC is proud to announce the release the first high performance children's chewable digestive enzyme, which will promote health, and wellness by assisting your child's own digestive system in thoroughly and effectively breaking down food. One Ultra-Enzyme Support® Children's Chewable tablet with each meal will increase the bio-accessibility of all the nutrients in the food consumed thus insuring the maximum nutritional benefit. Since enzymes do not really have a flavor it was easy to use only natural fruit flavors to make the new children's chewable a great tasting chewable tablet that your young ones will really enjoy.

**NWC's is proud to release the First Chewable High Performance Digestive Enzyme for the whole family**



**Ultra-Enzyme Support® Plus Chewable!**

90 count single bottle

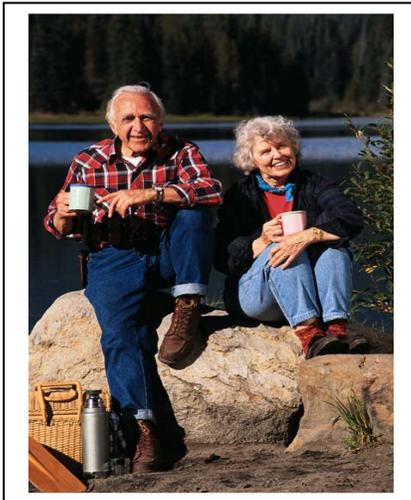
**U90 Plus Pack is buy three and get one more FREE!**

Shop on line at [NWCnaturals.com](http://NWCnaturals.com)  
Or Call Toll Free 888-207-3480

# Probiotics Highly Recommended For All Seniors

Natural Wellness Centers of America Inc., a pioneer and leader in the nutritional supplement industry, continues its campaign to educate consumers about the value of probiotics by educating an aging population.

Natural Wellness Centers of America Inc. is a company dedicated to cultivating and distributing premium pro-biotic products to health professional as well as the general public. Innovative formulations and pioneering research are the hallmarks of NWC. Science has demonstrated that seniors can defend themselves against a whole list of digestive problems by simply adding probiotics to their diet. It has been shown that people over the age of 60 have around 1,000-fold **fewer** of the life-promoting friendly bacteria in their gut. The remaining balance is more heavily weighted towards 'unfriendly' bacteria, which may make seniors more susceptible to gastrointestinal infections and bowel conditions such as constipation, gas, bloating and irritable bowel syndrome.



In addition, evidence from clinical trials suggests the elderly can also benefit from probiotics to help reduce malnutrition by helping with lactose intolerance, increasing production of B-vitamins and aiding in calcium absorption. Probiotics have also been shown to greatly boost our immunity. Probiotics are beneficial micro-organisms that help control the critical balance in the digestive system by inhibiting the growth of undesirable bacteria and pathogens. Simply put, probiotics are all-natural, holistic supplements with the following proven benefits:

- **Assist in digestion**
- **Produce natural antibiotic-like substances**
- **Suppress pathogenic bacteria**

- **Inhibit tumors and carcinogenesis**
- **Fight fungal and yeast infections**
- **Promote or aid liver function and detoxification**
- **Prevent osteoporosis by enhancing calcium metabolism**
- **Augment the immune system**
- **Promote human longevity**
- **Produce B-vitamins and folic acid**
- **Improve general gastrointestinal health and prevent disorders**
- **Prevent dermatological problems**
- **Therapeutically benefit arthritic conditions**
- **Prevent and control diarrhea**
- **Reduce accumulation of cholesterol in the arteries**

Natural Wellness Centers of America Inc. offers two Pro-Biotic specialty formulas, **Pro-Biotics Plus® capsules** and **Pro-Biotics Plus® fruit flavored chewables**. We also include a sizeable dose of Pro-Biotics in The Total-Nutrition Program™ as well as the Ultra-Nutrition Shake™.

## Flu and Cold Season is Here, Support Your Immune System!



**90-count bottle of Pro-Biotics Plus® capsules**  
With Billions of Pro-Biotics, Beta Glucans, Amla fruit, Zinc and more, it's the most potent product made to improve your immune system and prevent illness.  
100% vegetarian

## Whole Food Vitamins Instead of Synthetics, Why Make The Extra Effort?

Research has proven time and time again that vitamins from all-natural whole food sources are easier for your body to absorb, safer, and more effective than laboratory created synthetic or crystalline vitamins. All-natural whole-foods are alive, vibrant, have all the nutritional co-factors and phytonutrients found in nature, and are full of the life giving energy you take

supplements for. **Synthetic vitamins are "essentially dead", inert, cheaper and potentially dangerous.**

So why aren't all-natural whole-food vitamins used in all nutritional supplements? Primarily due to their higher cost and the challenge they present in the nutritional "label wars" game. For example, Amla and Acerola Cherry are vastly superior sources of vitamin C than is ascorbic acid. But they cost 10 to 20 times more per mg!

## The Total-Nutrition Program™ is the most complete whole food multi-vitamin mineral in the world.



- **Whole Food Vitamins**
- **Chelated Minerals**
- **Antioxidants**
- **Greens**
- **Enzymes**
- **Pro-Biotics**
- **Essential Fats**

**Buy the TNP Pack, which is, BUY three and get one FREE!**

What's more, only small dosages are needed to fulfill the body's needs verses the huge doses of ascorbic acid needed, and therefore they don't "compare" well on the federally regulated nutritional supplement label. Can you imagine the difficulty in convincing a novice vitamin buyer that 25 mg of Amla is better for their body than 1000 mg of ascorbic acid? Yet it's true. Unfortunately not many manufacturers are willing to go through the effort necessary to educate the consumer on why he or she should take all-natural whole-food supplements when they cost more, and seemingly "appear to deliver less."

Furthermore, and most importantly, synthetic vitamins are not really vitamins at all. They are fractions of vitamins. For example, natural vitamin C is whole and complete, but ascorbic acid, which is the vitamin C used in most supplements, is

missing Rutin, Bioflavonoids and the "J and K" factors. Because these vital nutrient cofactors are missing, the supplement will actually "rob" the missing elements from bodily tissues and bones. Thus, taking vitamins other than all-natural whole-food vitamins can actually create a vitamin deficiency in your body!

Here's a hint of how to ensure you're buying healthy all natural, whole-food vitamins. Read the label, and look for ingredient names that are from natural foods or plants. Names such as wheat germ, brewers yeast, green pepper, orange peel, rose hips, safflower oil, Acerola cherry, shiitake mushroom, alfalfa, black strap molasses Dunaliella Salina, wild yam, carrot, rice bran, chickweed, wheat grass, amla, barley grass, nettles, algae, kelp, fructose, pine park, grape seed extract, turmeric, etc.

The laboratory created synthetic vitamins are easy to recognize too. They have names that sound like a chemist created them.

**Protect your body and stay away from vitamins with chemical names such as acetate, palmitate, thiamin mononitrate, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride pteroylglutamic acid, calcium pantothenate, choline, d-biotin, niacin, para-aminobenzoic acid, irradiated ergosterol pantothenic acid, ascorbic acid, alpha-tocopherol, citrates, ascorbates, etc.** Go to [www.NWCnaturals.com](http://www.NWCnaturals.com) for a complete chart so you can read vitamin labels like a pro and not be misled by tricky labels.

At NWC Inc. we use only 100% all-natural whole-food ingredients in all of our products. Although whole-food ingredients up-front cost is more than synthetic vitamins, their realized cost is far less, because they are infinitely better for you, providing your body with nutrients in the exact form Nature intended. With NWC products you really get what you pay for – optimal health and vitality, and isn't that why you take supplements in the first place?

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## Can Ascorbic Acid Cause Hardening Of The Arteries?

It seems hardly likely that taking high doses of vitamin C (ascorbic acid) can cause thickening or hardening of the arteries since so many people have taken high doses for a long time. Yet researchers from the University of California have reported just that. People who took 500 mgs of ascorbic acid had a 2.5 times faster progression of thickening of the carotid artery (hardening of the arteries) than people who took no supplement.

This study was not a clinical study where subjects are divided into those taking ascorbic acid and those taking a placebo. This was an epidemiological study, which means patient records were examined, and these findings popped up. There might well have been other factors that would explain the artery-thickening finding.

Nonetheless, the researchers were surprised at the finding. And it seemed that the **higher the dose of ascorbic acid, the worse the artery damage** (the more they took, the faster the buildup). In fact, smokers taking 500 mgs of ascorbic acid had a rate of artery thickening five times greater than nonsmokers not taking the supplement. And while no one is sure what this all means, the researchers did come up with some common sense ideas about synthetic and fractionated supplementation.

**Pro-Biotics Plus®  
Chewables.**



**Pro-Biotics Plus® Chewables** are a delicious fruit flavored chewable that **supplies 5.5 Billion** friendly bacteria in each tablet. This formula can repopulate the intestinal system with **12 different strains** of good guy bacteria, not only improving the immune system; it can also help control harmful bacteria.



The director of the study perceptively observed that **"when you extract one component of food and give it at very high levels, you just don't know what you are doing to the system, and it may**

**be adverse."** Other researchers were quick to add that the research shows the uncertainties of picking out a single vitamin among the plethora of nutrients in a healthy diet.

They added that it is a challenge to pick out nutrients that may make people live longer because if we are wrong, we can do harm.

Naturally this flies in the face of all the claims by all the synthetic vitamin manufacturers who state that vitamins can't hurt you, will never cause harm, are always beneficial, and will cure everything from a cold to cancer. The fact is that isolated, synthetic, or fractionated high-dose "vitamins" are unnatural and can cause harm to certain people. In the case of ascorbic acid, it is feasible that high doses may cause artery damage.

Synthetic Vitamins Also Cause Deficiencies. All store-bought vitamin C is either synthetic or fractionated (isolated from a highly-processed food like corn oil). The real vitamin C complex contains a myriad of nutrients, including organic copper, bioflavonoids, enzymes and coenzymes, trace mineral activators, antioxidants, etc. The ascorbic acid fraction of this complex is only the preservative or anti-oxidant portion, which actually serves to preserve the nutrients of this marvelous nutritional complex. By manufacturing high-dose ascorbic acid supplements, we have opted to "extract one component and give it at a very high level, not knowing what we are doing to the body."

It is a fact that the body cannot assimilate (use) high-dose fractions of nutrients without first putting them into a form that is functional to the human body. In the case of ascorbic acid, the body will scour the system for the missing components of the vitamin C complex in order to utilize the ascorbic acid. That is why almost this entire chemical ends up in the urine -- because the body in its fractionated form cannot utilize ascorbic acid.

The potential problem with ascorbic acid is that prior to being excreted from the body, it scours the system for its accompanying nutrients. In so doing, ascorbic acid and other synthetic nutrients can create deficiencies of their nutritional partners.

### Copper and Blood Vessels

One of the major functions of organic copper in the body is to keep blood vessels healthy. In fact, copper is always a nutrient used with patients who suffer from blood vessel diseases and deformities like aneurysms. Is it possible that people taking high doses of ascorbic acid induce a copper deficiency of sufficient significance to weaken blood vessel walls, resulting in thickening or hardening of the arteries?

This is why the formulas from Natural Wellness Centers of America Inc. **never** include ascorbic acid, which are synthetically made from corn syrup. We only use whole food ingredients like Amla Fruit, Kiwi Fruit, Acerola Cherries, Green Pepper, and other organic food sources.

## The Benefits of Calcium Without Eating Drywall.

A current television commercial states that a particular brand of antacid not only relieves upset stomach, but also delivers something else that a body needs: Calcium!! On the surface, this product seems to be a good value for the consumer. The advertising campaign for this antacid has been successful, but this success may have come at the expense of the consumer's health. The active ingredient in this antacid/calcium supplement is **calcium carbonate**. This is the same calcium used to make **DRYWALL**. It is the cheapest and most commonly used source of calcium in supplements today because it is inexpensive and has high elemental calcium content. With the recommended dietary intake of calcium being 1000 mg, it is much easier to sell the consumer these products with a single dose of a couple of tablets. This is an easy solution.... but is it effective?

### What Really Determines Effective Calcium Supplementation?

Effective calcium supplementation should include a source of calcium that:

- **Is safe**
- **Is bioavailable**
- **Is retained in tissues**
- **Has correct dosage**
- **Is balanced with other nutrients.**

Tolerance and safety are of course crucial and obviously all the above factors are very important to effective dietary calcium supplementation. Effective dietary calcium supplementation is not a program that one undertakes for only one month, or even one year. Effective calcium supplementation is a lifestyle commitment to improved health.

If a calcium supplement exhibits poor tolerance or lack of safety, how can one be expected to use it throughout life? [Here is a list of common non-chelated calcium sources.](#)

- **Drywall chalk**
- **Calcium carbonate**
- **Calcium malate**
- **Calcium citrate**
- **Calcium Hydroxyapatite**
- **Calcium ascorbates**
- **Coral Calcium**
- **Calcium gluconate**

## Calcium Safety

The above listed calcium's are all considered calcium salts. All non-chelated calcium salts may cause constipation, but in the elderly, certain salts, including calcium carbonate, have been shown to cause diarrhea. Other side effects of calcium salts include flatulence, nausea, and bloating. Calcium chloride may produce even more gastrointestinal irritation than other forms of calcium, and yet when hydrochloric acid in the stomach enters into a chemical reaction with **all soluble forms of calcium salts it creates the compound "calcium chloride."** Calcium carbonate, the source of the antacid mentioned above, is known to cause rapid and potent neutralization of stomach acid, but it is not recommended for prolonged use, due to a potential for systemic side effects. You will not get any side bad effects with any of NWC's calcium products because **the calcium used exclusively in all NWC's formulas, (Albion's patented Calcium Chelazome ®) is superior in building bones, preventing colon cancer, aiding in weight loss programs, helping to induce restful deep sleep and more, with no bad side effects.**

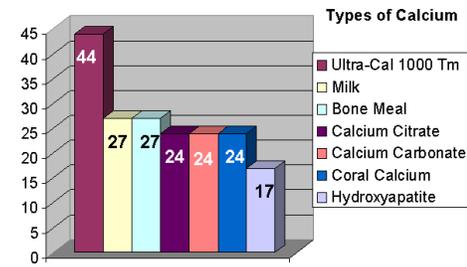


You will never get acid rebound with Ultra-Cal 1000™ like you will get with calcium carbonate and other mineral salts which are also associated with acid rebound. Acid rebound induces gastric secretion that is markedly increased by food. Calcium carbonate has been shown to actually increase stomach acid production for three to five hours after ingestion. In other words it neutralizes the acid and actually **STOPS DIGESTION**, but then the body reacts by producing extra acid to compensate. This acid rebound is most likely due to a local effect on the acid pumps in the stomach.

Continued use of calcium carbonate has been associated with milk-alkali syndrome, which can cause:

- **Hypercalcemia,**
- **Metabolic alkalosis**
- **Kidney Stones**
- **As well as Kidney failure**

Different forms of this syndrome have been described in medical literature. The different forms of this syndrome are determined by



the duration and magnitude of calcium carbonate ingested.

Professor Heaney at Creighton University has demonstrated that the calcium exclusively used in all of NWC's formulas (*Albion's patented Calcium Chelazome ®*) is very soluble in gastric juices, and also has the greatest degree of absorption compared to other forms of calcium. NWC's calcium formulas include:

- **Ultra-Cal 1000™**
- **Total-Nutrition Program™**
- **Ultra-Nutrition Shake™**

These formulas have all been proven to remain intact in the digestive system and are absorbed intact as food grade chelates. This gives the maximum benefit with absolutely no possibility of any harmful side effects.

### Ultra-Cal 1000™

The highest grade, purest, safest calcium available. Your body deserves Ultra-Cal 1000™



**200 Count Economy size plus the Osteo-Pack Four bottles for the price of three!**



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For Enzymes and  
Pro-Biotics for Pets**